

Programmanr. 32  
 23-12-2018 - 9:05

Dames, 400m wisselslag

 Senioren Open  
 Resultaten Voorronde

Punten: FINA 2018

rang	naam		vereniging		tijd	RT	FINA	
<b>Senioren Open</b>								
1.	Lotte Hosper		OC - Racing Club	200201414	<b>4:54.00</b>	+0,76	A 683	
	50m: 29.81	29.81	150m: 1:40.54	36.52	250m: 3:00.38	43.27	350m: 4:20.50	35.33
	100m: 1:04.02	34.21	200m: 2:17.11	36.57	300m: 3:45.17	44.79	400m: 4:54.00	33.50
2.	Maria Grandt		Hovedstadens Svømmeklub		<b>4:56.14</b>	+0,65	A 668	
	50m: 30.48	30.48	150m: 1:44.74	39.27	250m: 3:05.50	41.09	350m: 4:23.22	35.22
	100m: 1:05.47	34.99	200m: 2:24.41	39.67	300m: 3:48.00	42.50	400m: 4:56.14	32.92
3.	Femke Spiering		OC - VZC	200204514	<b>4:56.31</b>	+0,83	A 667	
	50m: 31.27	31.27	150m: 1:45.81	38.59	250m: 3:07.56	44.40	350m: 4:25.16	33.20
	100m: 1:07.22	35.95	200m: 2:23.16	37.35	300m: 3:51.96	44.40	400m: 4:56.31	31.15
4.	Lisa Dreesens		The Hague Swimming (SG)	199105798	<b>4:57.32</b>	+0,89	A 660	
	50m: 30.99	30.99	150m: 1:44.53	37.93	250m: 3:05.16	42.80	350m: 4:23.99	34.80
	100m: 1:06.60	35.61	200m: 2:22.36	37.83	300m: 3:49.19	44.03	400m: 4:57.32	33.33
5.	Lisa Rijkhoff		Aalborg Svømmeklub		<b>4:58.78</b>	+0,82	A 650	
	50m: 29.93	29.93	150m: 1:44.44	39.64	250m: 3:06.53	41.90	350m: 4:25.88	35.17
	100m: 1:04.80	34.87	200m: 2:24.63	40.19	300m: 3:50.71	44.18	400m: 4:58.78	32.90
6.	Birgit van Buiten		DWK	200200498	<b>4:59.89</b>	+0,72	A 643	
	50m: 33.20	33.20	150m: 1:48.26	36.73	250m: 3:07.41	43.01	350m: 4:26.15	35.93
	100m: 1:11.53	38.33	200m: 2:24.40	36.14	300m: 3:50.22	42.81	400m: 4:59.89	33.74
7.	Alinda Dingshoff		ZPC Hoogeveen	200000928	<b>5:02.06</b>	+0,75	A 629	
	50m: 31.99	31.99	150m: 1:45.14	36.82	250m: 3:06.08	44.39	350m: 4:27.70	35.77
	100m: 1:08.32	36.33	200m: 2:21.69	36.55	300m: 3:51.93	45.85	400m: 5:02.06	34.36
8.	Inge Arts		Merlet	199203076	<b>5:02.60</b>	+0,77	A 626	
	50m: 31.95	31.95	150m: 1:47.99	39.28	250m: 3:10.15	43.71	350m: 4:29.39	35.22
	100m: 1:08.71	36.76	200m: 2:26.44	38.45	300m: 3:54.17	44.02	400m: 5:02.60	33.21
9.	Anna van Droffelaar		OC - ZVVS	200400258	<b>5:02.98</b>	+0,66	B 624	
	50m: 31.18	31.18	150m: 1:46.27	38.14	250m: 3:08.95	44.16	350m: 4:29.38	35.90
	100m: 1:08.13	36.95	200m: 2:24.79	38.52	300m: 3:53.48	44.53	400m: 5:02.98	33.60
10.	Lize Janna de Vries		Orca	200101948	<b>5:03.04</b>	+0,76	B 623	
	50m: 32.11	32.11	150m: 1:51.07	39.58	250m: 3:13.66	44.23	350m: 4:31.56	34.17
	100m: 1:11.49	39.38	200m: 2:29.43	38.36	300m: 3:57.39	43.73	400m: 5:03.04	31.48
11.	Silke Huisman		Orca	200301182	<b>5:03.16</b>	+0,73	B 623	
	50m: 31.06	31.06	150m: 1:48.78	39.82	250m: 3:10.17	42.48	350m: 4:30.41	36.95
	100m: 1:08.96	37.90	200m: 2:27.69	38.91	300m: 3:53.46	43.29	400m: 5:03.16	32.75
12.	Inge Vieveen		OC - WVZ	200100024	<b>5:03.30</b>	+0,82	B 622	
	50m: 32.09	32.09	150m: 1:49.99	39.82	250m: 3:11.51	41.65	350m: 4:30.42	35.13
	100m: 1:10.17	38.08	200m: 2:29.86	39.87	300m: 3:55.29	43.78	400m: 5:03.30	32.88
13.	Victoria Vorm		Hovedstadens Svømmeklub		<b>5:04.11</b>	+0,76	B 617	
	50m: 31.80	31.80	150m: 1:46.98	39.67	250m: 3:10.44	45.24	350m: 4:30.72	35.04
	100m: 1:07.31	35.51	200m: 2:25.20	38.22	300m: 3:55.68	45.24	400m: 5:04.11	33.39
14.	Judith van Meijel		HZPC	199102076	<b>5:04.47</b>	+0,76	B 615	
	50m: 33.31	33.31	150m: 1:50.73	38.72	250m: 3:13.51	44.09	350m: 4:31.35	34.67
	100m: 1:12.01	38.70	200m: 2:29.42	38.69	300m: 3:56.68	43.17	400m: 5:04.47	33.12
15.	Anne Noom		Het Y	199800062	<b>5:04.78</b>	+0,70	B 613	
	50m: 31.09	31.09	150m: 1:47.05	39.19	250m: 3:10.20	44.48	350m: 4:31.39	36.07
	100m: 1:07.86	36.77	200m: 2:25.72	38.67	300m: 3:55.32	45.12	400m: 5:04.78	33.39
16.	Fleur Donker		DWK	200006496	<b>5:05.23</b>	+0,67	B 610	
	50m: 31.74	31.74	150m: 1:46.05	37.71	250m: 3:09.47	46.31	350m: 4:31.05	34.77
	100m: 1:08.34	36.60	200m: 2:23.16	37.11	300m: 3:56.28	46.81	400m: 5:05.23	34.18
17.	Luna Donde Feilberg		Hovedstadens Svømmeklub		<b>5:06.92</b>		R 600	
	50m: 31.47	31.47	150m: 1:47.90	41.00	250m: 3:13.31	44.12	350m: 4:33.01	34.20
	100m: 1:06.90	35.43	200m: 2:29.19	41.29	300m: 3:58.81	45.50	400m: 5:06.92	33.91
18.	Isabel Aardema		DWK	200100364	<b>5:07.74</b>	+0,76	R 595	
	50m: 32.01	32.01	150m: 1:49.86	39.81	250m: 3:13.01	44.29	350m: 4:33.53	36.08
	100m: 1:10.05	38.04	200m: 2:28.72	38.86	300m: 3:57.45	44.44	400m: 5:07.74	34.21
19.	Zanthe Janssen		Aqua-Novio'94	200201786	<b>5:08.36</b>	+0,76	592	
	50m: 32.48	32.48	150m: 1:49.79	38.10	250m: 3:11.73	42.86	350m: 4:33.06	37.13
	100m: 1:11.69	39.21	200m: 2:28.87	39.08	300m: 3:55.93	44.20	400m: 5:08.36	35.30
20.	Elles Becker		Zwemclub Zeist	199600628	<b>5:08.77</b>	+0,82	589	
	50m: 32.12	32.12	150m: 1:49.45	39.81	250m: 3:13.20	45.29	350m: 4:34.28	35.95
	100m: 1:09.64	37.52	200m: 2:27.91	38.46	300m: 3:58.33	45.13	400m: 5:08.77	34.49

## Programmanr. 32, Dames, 400m wisselslag, Voorronde, Senioren Open

rang	naam	vereniging	tijd	RT	FINA
21.	Maaïke van Veen	Dedemsvaart-AC	199700292	<b>5:09.41</b> +0,75	586
	50m: 31.42 31.42	150m: 1:46.21 37.95	250m: 3:08.29 44.19	350m: 4:31.37 38.18	
	100m: 1:08.26 36.84	200m: 2:24.10 37.89	300m: 3:53.19 44.90	400m: 5:09.41 38.04	
22.	Valesca van den Bogert	Hieronymus	200102138	<b>5:09.97</b> +0,81	582
	50m: 32.16 32.16	150m: 1:50.60 40.81	250m: 3:14.09 43.18	350m: 4:34.80 37.34	
	100m: 1:09.79 37.63	200m: 2:30.91 40.31	300m: 3:57.46 43.37	400m: 5:09.97 35.17	
23.	Selene Wortel	Hieronymus	199700654	<b>5:10.85</b> +0,71	578
	50m: 33.10 33.10	150m: 1:53.33 40.85	250m: 3:17.19 43.81	350m: 4:37.48 35.18	
	100m: 1:12.48 39.38	200m: 2:33.38 40.05	300m: 4:02.30 45.11	400m: 5:10.85 33.37	
24.	Carlijn Hansté	WS Twente	200201082	<b>5:11.26</b> +0,82	575
	50m: 32.75 32.75	150m: 1:48.50 37.78	250m: 3:13.22 47.63	350m: 4:36.21 35.53	
	100m: 1:10.72 37.97	200m: 2:25.59 37.09	300m: 4:00.68 47.46	400m: 5:11.26 35.05	
25.	Michelle Zomerdijk	Dedemsvaart-AC	200003196	<b>5:11.42</b> +0,73	574
	50m: 32.45 32.45	150m: 1:50.98 40.19	250m: 3:14.56 44.65	350m: 4:36.84 36.62	
	100m: 1:10.79 38.34	200m: 2:29.91 38.93	300m: 4:00.22 45.66	400m: 5:11.42 34.58	
26.	Anne Paulusse	De Warande	200200834	<b>5:13.53</b> +0,79	563
	50m: 34.27 34.27	150m: 1:53.16 38.84	250m: 3:16.77 45.58	350m: 4:39.18 36.51	
	100m: 1:14.32 40.05	200m: 2:31.19 38.03	300m: 4:02.67 45.90	400m: 5:13.53 34.35	
27.	Almudena Visser Velez	The Hague Swimming (SG)	200205904	<b>5:14.27</b> +0,72	559
	50m: 32.97 32.97	150m: 1:51.55 40.07	250m: 3:15.76 45.11	350m: 4:39.90 37.04	
	100m: 1:11.48 38.51	200m: 2:30.65 39.10	300m: 4:02.86 47.10	400m: 5:14.27 34.37	
28.	Manon Koster	Tiburón	199701312	<b>5:14.46</b> +0,78	558
	50m: 33.64 33.64	150m: 1:53.04 40.33	250m: 3:17.58 43.92	350m: 4:39.11 36.75	
	100m: 1:12.71 39.07	200m: 2:33.66 40.62	300m: 4:02.36 44.78	400m: 5:14.46 35.35	
29.	Angelique van Vark	Z&PC De Gouwe	199701478	<b>5:14.83</b> +0,72	556
	50m: 32.42 32.42	150m: 1:51.31 40.11	250m: 3:17.30 46.48	350m: 4:40.14 36.53	
	100m: 1:11.20 38.78	200m: 2:30.82 39.51	300m: 4:03.61 46.31	400m: 5:14.83 34.69	
30.	Lonneke Kampman	PSV	200100146	<b>5:15.24</b> +0,83	554
	50m: 32.46 32.46	150m: 1:51.16 40.00	250m: 3:15.96 45.61	350m: 4:39.22 36.77	
	100m: 1:11.16 38.70	200m: 2:30.35 39.19	300m: 4:02.45 46.49	400m: 5:15.24 36.02	
31.	Maaïke Vooren	DAW	199103324	<b>5:15.80</b> +0,85	551
	50m: 33.68 33.68	150m: 1:55.30 42.60	250m: 3:21.67 44.54	350m: 4:41.74 35.52	
	100m: 1:12.70 39.02	200m: 2:37.13 41.83	300m: 4:06.22 44.55	400m: 5:15.80 34.06	
32.	Kim Jansen van Galen	PSV	200201594	<b>5:16.90</b> +0,79	545
	50m: 32.51 32.51	150m: 1:56.10 44.81	250m: 3:21.40 42.20	350m: 4:42.78 36.57	
	100m: 1:11.29 38.78	200m: 2:39.20 43.10	300m: 4:06.21 44.81	400m: 5:16.90 34.12	
33.	Kirsten Verhale	VZC	200400210	<b>5:16.93</b> +0,78	545
	50m: 32.03 32.03	150m: 1:50.90 40.51	250m: 3:16.99 45.87	350m: 4:41.21 37.65	
	100m: 1:10.39 38.36	200m: 2:31.12 40.22	300m: 4:03.56 46.57	400m: 5:16.93 35.72	
34.	Kim Rebergen	Hellas-Glana	200100676	<b>5:16.94</b> +0,92	545
	50m: 34.52 34.52	150m: 1:55.17 39.74	250m: 3:20.30 46.18	350m: 4:43.60 36.06	
	100m: 1:15.43 40.91	200m: 2:34.12 38.95	300m: 4:07.54 47.24	400m: 5:16.94 33.34	
35.	Lotte Bezemer	Conejo Simi Swim Club	093001LOTJBEZE	<b>5:17.13</b> +0,81	544
	50m: 33.27 33.27	150m: 1:53.57 41.86	250m: 3:19.91 44.89	350m: 4:41.63 36.47	
	100m: 1:11.71 38.44	200m: 2:35.02 41.45	300m: 4:05.16 45.25	400m: 5:17.13 35.50	
36.	Ilse Kraaijeveld	The Hague Swimming (SG)	200202190	<b>5:17.38</b> +0,72	543
	50m: 31.98 31.98	150m: 1:53.11 42.21	250m: 3:20.47 47.21	350m: 4:43.41 35.73	
	100m: 1:10.90 38.92	200m: 2:33.26 40.15	300m: 4:07.68 47.21	400m: 5:17.38 33.97	
37.	Ilona Venema	HPC PARA - ReVeLie Swimteam	200200050	<b>5:17.47</b>	542
	50m: 32.69 32.69	150m: 1:49.56 39.32	250m: 3:16.25 48.05	350m: 4:42.14 37.46	
	100m: 1:10.24 37.55	200m: 2:28.20 38.64	300m: 4:04.68 48.43	400m: 5:17.47 35.33	
38.	Annemarie Hoving	TriVia	200000248	<b>5:17.55</b> +0,71	542
	50m: 33.27 33.27	150m: 1:54.84 41.48	250m: 3:21.48 46.02	350m: 4:43.41 35.58	
	100m: 1:13.36 40.09	200m: 2:35.46 40.62	300m: 4:07.83 46.35	400m: 5:17.55 34.14	
39.	Floor Weijmans	HZPC	199502522	<b>5:17.82</b> +0,88	540
	50m: 34.03 34.03	150m: 1:52.93 40.03	250m: 3:19.49 47.06	350m: 4:43.16 35.55	
	100m: 1:12.90 38.87	200m: 2:32.43 39.50	300m: 4:07.61 48.12	400m: 5:17.82 34.66	
40.	Wiktorija Redzimska	ZPC Hoogeveen	200106042	<b>5:18.39</b> +0,71	537
	50m: 33.84 33.84	150m: 1:50.62 37.88	250m: 3:16.47 46.92	350m: 4:41.98 38.65	
	100m: 1:12.74 38.90	200m: 2:29.55 38.93	300m: 4:03.33 46.86	400m: 5:18.39 36.41	
41.	Noa Oldenhof	De Dolfijn	199700622	<b>5:19.82</b> +0,68	530
	50m: 33.64 33.64	150m: 1:53.61 39.87	250m: 3:19.61 46.90	350m: 4:44.21 36.83	
	100m: 1:13.74 40.10	200m: 2:32.71 39.10	300m: 4:07.38 47.77	400m: 5:19.82 35.61	
42.	Amy van Lier	De Warande	199603022	<b>5:20.16</b> +0,60	529
	50m: 32.08 32.08	150m: 1:53.53 42.12	250m: 3:20.66 46.57	350m: 4:45.30 36.80	
	100m: 1:11.41 39.33	200m: 2:34.09 40.56	300m: 4:08.50 47.84	400m: 5:20.16 34.86	



GEMEENTE TILBURG



Open Nederlandse Kampioenschappen korte baan 2018  
Tilburg, 21- - 23-12-2018



Programmanr. 32, Dames, 400m wisselslag, Voorronde, Senioren Open

rang	naam		vereniging						tijd	RT	FINA
43.	Eefje Slootweg		De Dinkel		199800218				<b>5:20.31</b>	<b>+0,72</b>	528
	50m:	31.94	150m:	1:48.19	39.40	250m:	3:15.58	46.67	350m:	4:42.85	39.38
	100m:	1:08.79	200m:	2:28.91	40.72	300m:	4:03.47	47.89	400m:	5:20.31	37.46
44.	Sarah Kits		WS Twente		200101024				<b>5:20.59</b>	<b>+0,84</b>	526
	50m:	32.36	150m:	1:50.88	41.40	250m:	3:17.44	45.71	350m:	4:43.13	38.90
	100m:	1:09.48	200m:	2:31.73	40.85	300m:	4:04.23	46.79	400m:	5:20.59	37.46
45.	Isa Schellekens		SWNZ (SG)		200002330				<b>5:20.97</b>	<b>+0,79</b>	525
	50m:	32.38	150m:	1:51.57	40.72	250m:	3:19.55	47.75	350m:	4:45.44	38.27
	100m:	1:10.85	200m:	2:31.80	40.23	300m:	4:07.17	47.62	400m:	5:20.97	35.53
46.	Soraya Rakers		De Dinkel		200300818				<b>5:21.17</b>	<b>+0,83</b>	524
	50m:	34.43	150m:	1:56.50	39.11	250m:	3:21.53	45.77	350m:	4:46.12	37.63
	100m:	1:17.39	200m:	2:35.76	39.26	300m:	4:08.49	46.96	400m:	5:21.17	35.05
47.	Maïke van de Velde		ZPCH		200000382				<b>5:21.99</b>		520
	50m:	34.61	150m:	1:56.24	40.49	250m:	3:22.10	46.40	350m:	4:46.50	37.77
	100m:	1:15.75	200m:	2:35.70	39.46	300m:	4:08.73	46.63	400m:	5:21.99	35.49
48.	Grace Anderson		WVZ		200200578				<b>5:23.57</b>		512
	50m:	34.33	150m:	1:55.17	40.84	250m:	3:21.21	46.06	350m:	4:45.91	38.50
	100m:	1:14.33	200m:	2:35.15	39.98	300m:	4:07.41	46.20	400m:	5:23.57	37.66
49.	Denise Boonstra		DAW		199902662				<b>5:25.25</b>	<b>+0,78</b>	504
	50m:	32.93	150m:	1:55.04	41.95	250m:	3:22.06	46.34	350m:	4:48.53	37.72
	100m:	1:13.09	200m:	2:35.72	40.68	300m:	4:10.81	48.75	400m:	5:25.25	36.72
50.	Bernadette Versteegen		Noord-Limburg (SG)		199107878				<b>5:26.09</b>	<b>+0,70</b>	500
	50m:	32.36	150m:	1:54.71	42.65	250m:	3:21.90	46.05	350m:	4:47.44	38.97
	100m:	1:12.06	200m:	2:35.85	41.14	300m:	4:08.47	46.57	400m:	5:26.09	38.65
51.	Isa Curvers		HZPC		200205724				<b>5:26.89</b>	<b>+0,79</b>	497
	50m:	34.88	150m:	1:57.10	40.64	250m:	3:25.80	48.24	350m:	4:51.15	36.79
	100m:	1:16.46	200m:	2:37.56	40.46	300m:	4:14.36	48.56	400m:	5:26.89	35.74
52.	Chantal Beijer		DWT		199700884				<b>5:28.72</b>	<b>+0,81</b>	488
	50m:	33.52	150m:	1:56.47	42.50	250m:	3:24.60	46.14	350m:	4:51.55	39.45
	100m:	1:13.97	200m:	2:38.46	41.99	300m:	4:12.10	47.50	400m:	5:28.72	37.17
53.	Isa Maes		Feijenoord Albion Zwemclub		200500110				<b>5:33.84</b>	<b>+0,74</b>	466
	50m:	33.10	150m:	1:58.92	44.23	250m:	3:28.13	46.36	350m:	4:56.24	38.87
	100m:	1:14.69	200m:	2:41.77	42.85	300m:	4:17.37	49.24	400m:	5:33.84	37.60
DIS	Josse Bergman		VZC		200305146					RH	
	<i>RH - Het eindpunt niet in rugligging aangeraakt.</i>										
NG	Annemarie Meijer		Feijenoord Albion Zwemclub		199900964						
NG	Nikita van den Ouden		Nueneu		199900622						